

APRIL 2023



THE GAIL GUIDE

Greenbelt Assistance In Living Program Newsletter



WWW.GREENBELTMD.GOV

Our Team



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OUR LOCATION:
15 CRESCENT ROAD GREENBELT MD 20770
GROUND FLOOR EAST

Save the Dates

The GAIL Program is pleased to provide the following programs and services:

New! Greenbelt West Produce Distribution

Only 50 slots are available | Registration is required

April 20, 2023

Time: 11-1 pm

Location: Springhill Lake Recreation Center,

6101 Cherrywood lane, Greenbelt, MD 20770

Contact: Brendy Garcia, Bilingual Community Health Caseworker

Phone: (240)-424-0302

Free Produce Every Third Thursday of the Month

Drive-thru and walk-ups are welcome.

**No Registration required*

Time: 1-3 pm

Location: Greenbelt Community Center,

15 Crescent Road, Greenbelt, MD 20770

Upcoming Distribution Dates:

April 20, May 18, June 15, 2023

Caregiver Support Group

Offers comfort and reassurance for caregivers and individuals with dementia or a related condition.

Meets:

2nd Wednesday of the month in person

Location: 15 Crescent RD, Greenbelt MD 20770, Ground Floor East

3rd Wednesday of the month virtual meetings

Time: 6-7 pm

Phone: Sharon Johnson, (240)-542-2029

Email: sjohnson@greenbeltmd.gov

Memory Café

The Memory Café is a welcoming space for people with memory challenges. It is a great opportunity for lively discussions, camaraderie, and an engaging experience!

Meets:

1st Wednesday of the month in person

Location: 15 Crescent Rd, Greenbelt MD 20770, Ground Floor East

2nd & 4th Wednesdays of the month via Zoom

Time: 1:30 - 2:30 pm

Contact: Sharon Johnson, Group Facilitator

Office: (240)-542-2029

Email: sjohnson@greenbeltmd.gov

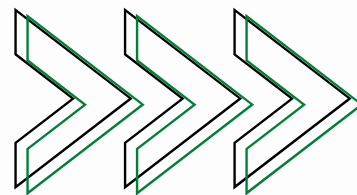


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Tax Credits Available Now!

New! Elderly property tax credit

Prince George's County will provide up to a 20% credit on the county portion of the property tax bill for up to five years beginning July 1, 2023. To be eligible for this credit, at least one homeowner must be 65 or older, have lived in the property for the last ten years, and the property value cannot exceed 500,000.

Applications will be available in April 2023 at :

<https://taxinquiry.princegeorgescountymd.gov/Taxinquiry.aspx>

Homeowner's property tax credit

The State of Maryland provides a credit for the real property tax bill for homeowners of all ages who qualify based on gross household income. A new application must be filed every year if the applicant wishes to be considered for a tax credit. Actual taxes eligible for this credit do not include fixed metropolitan charges which may appear on the tax bill for such services as sewer, water, or improvement repayments, and do not include taxes for excess land acreage, other buildings, or portions of buildings used for business purposes. An application may be subjected to an audit at any time and the applicant may be requested to submit additional verification or other evidence of income to substantiate the application for the property tax credit. For more information, please visit their website at <https://dat.maryland.gov/realproperty/Pages/Homeowners'-Property-Tax-Credit-Program.aspx>

Renters tax credit

The State of Maryland provides a direct check payment of up to \$1000.00 a year for renters who paid rent in the State of Maryland and who meet certain eligibility requirements. The deadline for filing an application is October 1, 2023. A properly completed application means that all questions are answered, the form is signed, copies of the entire federal income tax return, schedules, and forms, necessary Social Security form (SSA-1099), Railroad Retirement Verification or rate letter are all included and applicant has provided responses to any subsequent inquiries made by the Department in a reasonable time frame. Applications are available on the web at:

<https://dat.maryland.gov/realproperty/Pages/Renters%27-Tax-Credits.aspx>

NEED MORE INFORMATION

contact the GAIL Program Office (301)345-6660 ext. 2029



Coming to Greenbelt Dementia Live!



Join us to experience life with dementia firsthand. Often family caregivers are thrown into the role and don't understand the person with dementia. This innovative program helps participants gain a deeper understanding and greater empathy for persons with a cognitive impairment through a simulated experience. You will be empowered with new tools and techniques to improve communications and tips to make dementia-friendly changes to the home. This in-person experience takes just 30 minutes and will help you better understand what it's like to live with dementia.

Will be held: May 9th

Times: 10-12 pm & 1-3 pm

Location: 15 Crescent Road

Greenbelt Md 20770, Ground Floor East

**Please keep in mind that the tour will be broken into 1-hour sessions where only 4 slots are available for each session.*

TO REGISTER OR FOR MORE INFORMATION

Contact the GAIL Program Office at (301)345-6660 ext. 2029

FREE NEW CLASSES COMING SOON!



April 27–May 18:

Meets: Every Thursday of each week

Time: 3–5 pm

Location: 15 Crescent Rd Greenbelt MD 20770
Ground Floor East

Dining with Diabetes is a 4-week program that focuses on diabetes management through nutrition. This program is for any adult with/without diabetes or for those who support those with diabetes.



May 17–June 21:

Meets: Every Wednesday of each week via Zoom

Time: 11–1 pm

Aging Solo is a nationally awarded program that focuses on taking charge of your aging. Aging Solo will help you reflect on priorities, map out your support network, and put plans in place.



June 6:

Time: 1–4 pm

Location: 15 Crescent Rd
Greenbelt MD 20770, Ground Floor East

Habit Shift Mindset is a single-session program that focuses on how habits are cultivated and how they can be changed or eliminated. It is a highly interactive session where participants leave with a workbook with a plan of action they personally created to change any habit they wish to change and learn.

To register contact:

Brendy Garcia
Bilingual Community Health Case Worker
Office: (240) 424-0302
Email: bgarcia@greenbeltmd.gov

UPCOMING FREE WEBINARS!

Thursday April 6th



Meets: Via Zoom

Time: 7-8pm

10 Warning Signs of Alziemers

Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

Thursday April 13th

Meets: Via Zoom

Time: 7-8pm

UNDERSTANDING ALZHEIMER'S AND DEMENTIA Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

Thursday April 27th:



Meets: Via Zoom

Time: 7-8pm

Your Journey for Hope & Empowerment

We will dig deep into finding joy, hope, and empowerment in the process of caregiving, the importance of a caregiver's support system, caring for yourself, and highlighting the strengths of your loved one or person you are caring for!

To register contact:

Brendy Garcia
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Office: (240) 424-0302
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